

Seminars – January 2017

Eating Healthy in the New Year

Sponsored by Evergreen Healthcare Center

Wednesday, January 4, 1 pm

Make a New Year's Resolution to be a healthier you! Eating healthy can be easy, tasty, and budget friendly. Learn how to choose foods that will help you control your weight, have more energy and prevent chronic disease. Presented by Dietician Karen Lafayette.

Crisis Management Workshop

Sponsored by Comfort Keepers

Wednesday, January 11, 1 pm

Snow date: Wednesday, January 18, 1 pm

Learn what to expect in the event of a health emergency, observation and admission to a hospital, who pays for what, home care, community resources available and much more.

Panel includes:

Catherine Williamson, CDP, MS-Gerontologist, Adjunct Faculty at Asnuntuck Community College, Manager at Comfort Keepers Home Care

Susan Ashe, Director of Social Work for Blair Manor Skilled Nursing and Rehabilitation Center

Robyn O'Brien, EMT for Enfield Emergency Medical Response Team and Fire Department
Officer Phil Thomas, Crime Prevention Officer, Enfield Police Department

The IRA and 401K Seminar: How to Leave Your Retirement Plans to Your Loved Ones Instead Of the IRS

Wednesday, January 25, 1 pm

Learn critical information everyone must know about their retirement plans. Is your IRA a tax time bomb? What are the advantages of converting a 401K to a IRA? Will the IRS be your biggest beneficiary of you retirement plan?

John G. Dee, President Wealth Preservation Group, Inc.